

to Gail in Maryland who wrote me this?

I have been informed by Blue Cross & Blue Shield of Maryland that I cannot keep my current coverage and will have to choose a new policy. . . . I have to change my coverage and pay 53 percent more in premiums for coverage that is not as good. My husband and I . . . will now have to pay at least \$330 more per month for less coverage.

Gail and her family will lose the plan they like and will have to pay almost \$4,000 more per year for a plan that delivers less.

Mr. Speaker, American families deserve better than false promises.

#### BUILDING A BETTER BUDGET

(Mr. VEASEY asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. VEASEY. Mr. Speaker, I want to talk to you today about the importance of responsible budget-making in our government. Budgets are moral documents that reflect our priorities as a Nation. For the sake of our economy, this Congress must turn back from the current brinksmanship and obstruction, and must return to the practice of negotiation and compromise.

The proposed budget and across-the-board spending cuts to domestic programs are continuing to slam families, children, seniors, veterans, and persons with disabilities in the congressional district that I represent. Impacts to Texas include \$9 billion in cuts to SNAP benefits over 10 years, almost \$32 billion in cuts to health care for Texas seniors, and the loss of over 5,000 jobs for our Texas educators.

We should focus on improving our education, on strengthening old infrastructure, on investing in advanced domestic manufacturing, and in paving the way for the future.

Let's show the American people that compromise and negotiation are not a thing of the past and that Washington can work together on their behalf. As elected leaders, we owe it to the American people to do the jobs we were sent here to do.

#### IF YOU LIKE YOUR HEALTH PLAN, YOU CAN'T KEEP IT

(Mr. MESSER asked and was given permission to address the House for 1 minute.)

Mr. MESSER. Mr. Speaker, "If you like your health plan, you will be able to keep your health plan."

That is what the President said in 2009, but now NBC News is reporting that this administration knew for at least 3 years that that wasn't true.

Now millions of hardworking Americans in the individual market will not be able to keep their plans even if they like them. People across the Nation are experiencing sticker shock as they receive cancellation letters from their insurers and see their monthly premiums rise up to 400 percent. More people have

received cancellation letters than have enrolled so far through all of the Affordable Care Act exchanges.

The Affordable Care Act has proven to be anything but. It is time for the President and my Democratic colleagues to work with us to suspend this flawed law and to work to fix it. We have to find a better way to deliver the reforms people really need because this law isn't working.

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#### SUPPORT OUR VETERANS

(Mr. HIGGINS asked and was given permission to address the House for 1 minute.)

Mr. HIGGINS. Mr. Speaker, this week the House will consider a number of bills to honor and support our veterans.

These are good bills, but they are not enough. A good and grateful Nation would also make sure a strong commitment is made to helping our veterans find work when they return home.

Mr. Speaker, the current unemployment rate for post-9/11 veterans is 10 percent; and among young veterans between the ages of 18 and 24, it is 22 percent. This is unacceptable. We owe it to our veterans to support programs like the not-for-profit Helmets to Hardhats, which partners with the Department of Defense, American businesses, and organized labor to help returning veterans prepare for work in the construction trades.

We must also be sure that veterans have the ability to get the educational benefits they have earned without being constrained by deadline, as my legislation, the Veterans Educational Flexibility Act, would do.

Along with the commitment to nation-building right here at home, we can create good American jobs that can't be outsourced and give back to those who have served our Nation.

#### DEBT AND SPENDING

(Mr. HOLDING asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. HOLDING. Mr. Speaker, just a week after the debt ceiling was suspended, the Federal Government added \$375 billion in new debt. Without a limit on spending until mid-February, the Federal Government continues to borrow more than it takes in and spend at an outrageous rate.

The fact is, Mr. Speaker, at a spending rate of \$375 billion a week, U.S. debt would be over \$22 trillion by the next debt ceiling deadline. This is unacceptable and unsustainable.

Mr. Speaker, the reason we have found ourselves in a fiscal rut is because of outrageous, frivolous government spending. We have to come to the table and do more to cut spending in the next debt deal. This includes comprehensive tax reform to make our Tax

Code less burdensome and changes to our entitlement programs to ensure that they are working as they should for future generations.

American families know that they cannot spend limitlessly and never pay their bills. Our Federal Government should not be any different, and it is time to break our bad spending habits.

#### THE AFFORDABLE CARE ACT IS WORKING

(Ms. HAHN asked and was given permission to address the House for 1 minute.)

Ms. HAHN. Mr. Speaker, the Affordable Care Act is more than a Web site; it is affordable, quality health insurance made available to everyone.

While my friends on the other side of the aisle like to keep talking about bad stories, there are some good stories about the Affordable Care Act, and I have one of them. It is Sarah and Joe, parents of two small children from Los Angeles, who have been working very hard every day to provide for their family while they were paying a high health care premium every month.

Just last month, they were paying \$1,259 a month for COBRA. Last week, they got on the exchange, and they enrolled in a Blue Cross Silver 70 plan and are now paying more than \$400 less a month—less a month. Sarah shared with us:

We are a family of four with two young kids. Regular access to doctors is a must for us.

This plan does that.

The recent problems people have encountered on the Web site are unacceptable, and they are being fixed. Let's not allow these temporary glitches to overshadow the life-changing benefits that the Affordable Care Act is bringing to millions of American families like Sarah and Joe.

#### BUREAUCRATS, NOT PATIENTS, ARE THE FOCUS

(Ms. FOXX asked and was given permission to address the House for 1 minute.)

Ms. FOXX. Mr. Speaker, people want to be able to trust their President.

When he said: If you like your plan, you can keep your plan, many Americans believed him. But keeping the insurance you liked was never a real possibility under ObamaCare.

By design, the law requires every single new health plan and any existing plan that has been altered over the past 3 years to satisfy the one-size-fits-all requirements of Washington's central planners. That means millions of Americans are losing their current coverage, even though many liked their plans—plans that were tailored to work for them—that meet their specific needs and fit into their family budgets.

Unsurprisingly, though, when placating bureaucrats is the rule, patients certainly can't be the focus.